

Bam-A-Lam!

拍數: 64 牆數: 2 級數: Intermediate Funky Cha
編舞者: Guyton Mundy (USA) & Joey Warren (USA) - January 2008
音樂: Dangerous (feat. Wyclef Jean) - Ying Yang Twins



Step back, Drag, Step, Cross and Cross, ¼, ½, ½, ½, ¼ weight ending on right

1,2,3 Step L foot back diagonally to left, Drag R foot in to L, Step down on R
4&5 Cross L over R, Step R to right side, Cross L over R
6,7 Turn ¼ left stepping back R (over rotate upper body), Turn ½ left stepping forward L
8&1 Turn ½ left stepping back R, Turn ½ left stepping forward L, Turn ¼ left stepping side R

Hip Roll, Cross Rock, Recover ¼, Step ½, Triple ½

2-3 Roll hips back from left to right ending with weight on L
4&5 Cross rock R over L, Recover on L, Turn ¼ right stepping forward on R
6,7 Step forward on L, Turn ½ right taking weight on R
8&1 Turn ¼ R stepping side L, Lock R back over L, Turn ¼ R stepping back L

Walk Backs x2, ¼, ¼, Forward, ½ Pivot, ¼ Cross and Side

2,3 Walk back R, Walk back L
4&5 Step back R, Turn ½ left stepping forward L, Step forward R
6,7 Turn ½ left over 2 counts ending with weight on L
8&1 Turn ¼ to right stepping side R, Step L across R, Step side R

¼ Rock, Recover, ¼ Rock Recover, ¼ Rock, Recover, Side Step, Sweep ¼, Behind, Forward, Step, Step, Lock

2& Turn ¼ right rocking forward on L foot, Recover weight back on R
3& Turn ¼ left rocking side on L, Recover weight on R
4& Turn ¼ right rocking forward on L foot, Recover weight back on R
5-6 Step back on L and sweep R foot from front to behind L
7&8&1 Lock R behind L, Step forward L, Step forward R, Step forward L, Lock R behind L

¾ Unwind, Side, Together, Push, Push, ¾ Triple Step (7:30 corner)

2-3 Unwind ¾ turn to right ending with weight on L
4&5 Step side R, Step together L, Step side R pushing into ball of foot
6,7 Step side L pushing into ball of foot, Step side R pushing into ball of foot
8&1 Triple step L-R-L over left shoulder ending at 7:30 corner

Walks, Side Square Up, Shoulder Rocks, Hip Roll, Side Ball-Step

2,3,4 Walk forward R-L-R towards 7:30 corner
5,6 Step side L squaring up to 6:00 wall, Bump hips to right
7-8 Shift weight to L rolling hips counterclockwise back to front ending with weight on R foot
&1 Step together L, Step side R

Touch, Slow Motion Step, Walks, ¼ Side, Together, Side and Cross

2, 3-4 Touch L next to R, Pick up L foot and step forward L (think slow motion)
5, 6 Walk forward R-L
7& Turn ¼ left stepping side R, Step together L
8&1 Rock side R, Recover weight to L, Cross R over L

¼ Step, ½ Back, Side Rock, Recover, Cross, Side Rock, Recover, Cross, Side, Behind

2, 3 Turn ¼ left stepping forward L, Turn ½ left stepping back R
4&5 Rock side L, Recover weight to R, Cross L over R

6&7 Rock side R, Recover weight to L, Cross R over L
8& Step side L, Step R behind L

Begin again.
